ANNUAL REPORT

1989

MELFORT-TISDALE HEALTH REGION NO. 11

90-05525/

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REGIONAL BOARD MEMBERS FOR 1989

Mr. Ettore Quaroni, Chairman
Box 698
MELFORT, Saskatchewan
SOE 1AO

Mr. Peter Foga, Vice Chairman
Box 34
PRAIRIE RIVER, Saskatchewan
SOE 1JO

Mrs. Myrtle Dertell
General Delivery
STAR CITY, Saskatchewan
SOE 1PO

Mr. Albert Espenant
Box 946
HUDSON BAY, Saskatchewan
SOE OYO

Mr. N. A. Bruce
Box 2498
NIPAWIN, Saskatchewan
SOE 1EO

Mr. Jake Bendel
Box 2
LEROY, Saskatchewan
SOK 2PO

Mrs. Minnie Deutsch
Box 2531
NIPAWIN, Saskatchewan
SOE 1EO

Mr. Ed Messaros
Box 73
ST. BENEDICT, Saskatchewan
SOK 3TO

Mrs. Patricia Hackett
Box 104
ARBORFIELD, Saskatchewan
SOE 1EO

Mrs. Anna Prince
Box 136
KUROKI, Saskatchewan
SOA 1YO

Mr. Ernest Litzenberger
Box 145
MISTATIM, Saskatchewan
SOE 1BO

Mrs. Elaine Gulutzan
General Delivery
SPALDING, Saskatchewan
SOK 4CO

1990 MUNICIPAL HEALTH REPRESENTATIVES

NAME	ADDRESS	REPRESENTING
HEALTH DISTRICT NO. 1		
Mrs. Lorie Annand	Melfort	City of Melfort
Mr. Richard Friesen	Box 521, Kinistino	Town of Kinistino
Mrs. Joan Fouhse	Box 576, Naicam	Town of Naicam
Mrs. Cheryl Guy	Box 294, Star City	Town of Star City
Mr. Robert Mumby	St. Brieux	Village of St. Brieux
Mr. Eric Woode	Box 151, Weldon	Village of Weldon
Mr. Forrest Pederson	Box 447, Naicam	R.M. of Plesantdale #398
Mr. Ettore Quaroni	Box 698, Melfort	R.M. of Lake Lenore #399
Mrs. Myrtle Dertell	Star City	R.M. of Star City #428
Mr. Alex Mudrik	Box 94, Pathlow	R.M. of Flett Springs #429
Mr. Gerald Peterson	Box 1017, Melfort	R.M. of Willow Creek #458
Mr. Walter Dupin	Box 4, Beatty	R.M. of Kinistino #459
---	---	Village of Valparaiso
HEALTH DISTRICT NO. 2		
Ms. Linda Palm	Box 613, Carrot River	Town of Carrot River
Mrs. Marg Pfrimmer	Box 73, Choiceland	Town of Choiceland
Mr. Archie Bruce	Box 2498, Nipawin	Town of Nipawin
Mr. Martin Klassen	Aylsham	Village of Aylsham
Mrs. Lavera Olson	Box 37, Codette	Village of Codette
Mrs. Linda French	Box 88, Love	Village of Love
Mr. Carl Berlin	Smeaton	Village of Smeaton
Mr. Vern Gabriel	Box 1479, Nipawin	Village of Tobin Lake
Mrs. Doris Grieves	Box 103, White Fox	Village of White Fox
Mr. Harold McShannon	Box 673, Carrot River	R.M. of Moose Range #486
Mr. Martin Neufeld	Box 46, Gronlid	R.M. of Nipawin #487
Ms. Minnie Deutsch	Box 2531, Nipawin	R.M. of Torch River #488
HEALTH DISTRICT NO. 3		
Ms. Patricia Hackett	Box 104, Arborfield	Town of Arborfield
Mr. Maurice Taylor	Box 1090, Tisdale	Town of Tisdale
Mr. Donald Head	Archerwill	Village of Archerwill
Mr. Brad Wearing	Bjorkdale	Village of Bjorkdale
Mr. Ernest Litzenberger	Box 145, Mistatim	Village of Mistatim
Mrs. Patricia Fitkowski	Box 83, Ridgedale	Village of Ridgedale
Mr. Florent Lalonde	Zenon Park,	Village of Zenon Park
Mr. Andrew Taphorn	Box 44, McKague	R.M. of Barrier Valley#397
Mr. Lyle Yager	Box 62, Crooked River	R.M. of Bjorkdale #426
Mr. Ian Allan	Box 1571, Tisdale	R.M. of Tisdale #427
Ms. Katherine Bradshaw	Arborfield	R.M. of Arborfield #456
Mrs. Kathy Reed	Box 1658, Tisdale	R.M. of Connaught #457

HEALTH DISTRICT NO. 4

Dr. Larry Sandomirsky	Hudson Bay	Town of Hudson Bay
Mr. Barry Warsylewicz	Box 664, Porcupine Plain	Town of Porcupine Plain
Mrs. Olga Smith	Box 38, Carragana	Village of Carragana
Mr. James Wallace	Box 114, Weekes	Village of Weekes
Mr. Albert Espenant	Box 946, Hudson Bay	R.M. of Hudson Bay #394
Mr. Peter Foga	Box 34, Prairie River	R.M. of Porcupine Plain#395

HEALTH DISTRICT NO. 5

Mr. Al Muench	Humboldt	Town of Humboldt
Mr. Jake Bendel	Box 2, Leroy	Town of Leroy
Mr. Allan Doepker	Annaheim	Village of Annaheim
---	---	Village of Englefeld
---	---	Village of Lake Lenore
Mrs. Barbara Pomedli	Box 178, Middle Lake	Village of Middle Lake
Mrs. Janice Korte	Box 186 Muenster	Village of Muenster
Mr. Duane Bauer	Pilger	Village of Pilger
Mr. Ed Messarcs	Box 73, St. Benedict	Village of St. Benedict
Mr. Lyle Muyres	Box 106, St. Gregor	Village of St. Gregor
Mr. Carl Hogeman	Box 174, Leroy	R.M. of Leroy #339
Mr. Cyril Hale	Box 425, Humboldt	R.M. of Wolverine #340
Mr. Francis Ehalt	Box 93, Annaheim	R.M. of St. Peter #369
Mr. Leslie Stadnyk	Box 1617, Humboldt	R.M. of Humboldt #370
Mr. Carl Grundmann	Box 86, St. Brieux	R.M. of Three Lakes #400

HEALTH DISTRICT NO. 6

Mayor Lorne Wytrykusz	Box 70, Kelvington	Town of Kelvington
Mr. Raymond Wolff	Box 460, Rose Valley	Town of Rose Valley
Ms. Syl Pisiak	Box 730, Wadena	Town of Wadena
Mrs. Colleen Haussecker	Box 636, Watson	Town of Watson
Mr. Andrew Lysyshin	Box 160, Fosston	Village of Fosston
Mr. Bud Johns	Box 72, Margo	Village of Margo
Ms. Jo-Anne Dyok-Unruh	Box 234, Quill Lake	Village of Quill Lake
Mrs. Kathy Johnson	Box 132, Spalding	Village of Spalding
Mrs. Anna Prince	Box 136, Kuroki	R.M. of Sasman #336
Mr. Alvin Lazar	Wadena	R.M. of Lakeview #337
Mr. Jim Meiklejohn	Box 297, Quill Lake	R.M. of Lakeside #338
Mr. Tim Leurer	Box 519, Kelvington	R.M. of Kelvington #366
Mr. Douglas Muir	Box 308, Rose Valley	R.M. of Ponass Lake #367
Mrs. Elaine Gulatzun	Spalding	R.M. of Spalding #368

A MESSAGE FROM THE
THE CHAIRMAN OF THE BOARD
- Ettore Quaroni

The year 1989 was quite a good year for our health region, although we lost our Medical Health Officer. The officer in charge of the region at the present time is Grace Rindahl.

We have had some staff positions vacant at times throughout the year.

Our Chiropody program continues to be a great success, and Dr. Jones seems to have an ever increasing work load.

We had our fall inservice meeting December 7th. I do think these meetings are of great benefit and would like to see the attendance percentage increase. We always have good speakers, Dr. James Dosman from the University was guest speaker at the last meeting. Our Board has discussed the possibility of having more meetings during the year, this, we feel would keep the members, more in contact with what transpires in the Health Region. We hope to accomplish this in 1990.

I must also commend the Health Region Staff, our Board, and our Health Representatives for the "no smoking" incentive program started a few years ago, due to this we now see more and more establishments have no smoking signs displayed. This has been a great success thus far, but these programs take some time before changes come about.

We did not meet with the Minister of Health in 1989 as he had other commitments, but did meet with the Associate Deputy Minister. We are hoping that in 1990 our Health Minister will find some time in his busy schedule to meet with the Board Chairpersons, as it is a good way to get our problems aired.

As I have stated before, I still believe the percentage of the Health dollar should be increased for preventative Health Care, I am sure health costs would decrease, (especially with our aging population).

I would like to take this opportunity on behalf of the Regional Board Members to thank all our staff for their continuing great service in the health field. Thank you one and all and look forward with enthusiasm for 1990.

OFFICER IN CHARGE
- Grace Rindahl

In May 1989 An Everyone Wins team consisting of 4 summer students was based in Prince Albert to cover the central part of the province. The students were located in the health region for 4 months and promoted healthy lifestyles by setting up displays and presenting information to the public in the areas of nutrition, physical fitness, stress, accident prevention, alcohol and drug abuse, smoking and communicable disease prevention.

October 1st, 1989 two branches were created within Community Health:

- Community Health Treatment Services Branch (Community Therapy, Chiropody, SHAP and SAIL). These programs are managed centrally by the Program Directors. Joe Dvernichuk is the Executive Director.
- Community Health Prevention Services Branch (Nursing, Public Health Inspection, Speech Language Pathology, Early Childhood Psychology, Nutrition and Dental Health Education). These programs are managed regionally by the Regional Directors and Medical Health Officers. Jane Knox is the Executive Director.

Cooperatively, the staff of both branches have been working together to work out the details of this above change.

In August of 1989 Jim Thorn, Director of Support Services was reassigned to duties in Regina. Dr. Reesal, Medical Health Officer/Regional Director joined the Health Region staff from May 1989 to September 1989 at which time he was reassigned to North Battleford Health Region.

In October 1989 Grace Rindahl, Regional Nursing Supervisor was assigned to be the officer in charge for the region until the Director of Regional Support Services and the Regional Director/Medical Health Officer can be replaced. It is believed that will take place in early 1990.

Dr. Watler from Yorkton is acting as the Medical Health Officer for the Melfort-Tisdale Health Region until such an appointment can be made.

I want to thank all the Health Region staff for their commitment to delivering a high quality of service to the public in the Melfort-Tisdale Health Region. There have been many changes in 1989. The staff in the Melfort-Tisdale Health Region have definitely met the challenge of this change.

NUMBER OF BIRTHS OCCURRING IN SASKATCHEWAN IN 1989
BY MOTHER'S AGE, MARITAL STATUS AND HEALTH REGION

		TOTAL	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45+
TOTAL FOR PROVINCE	TOTAL	16572	29	1656	4327	6314	3345	801	95	5
	MARRIED	12107	1	233	2638	5429	3017	704	80	5
	OTHER	4465	28	1423	1689	885	328	97	15	
# 1 SWIFT CURRENT	TOTAL	503		29	114	240	90	28	2	
	MARRIED	437		4	92	231	83	25	2	
	OTHER	66		25	22	9	7	3		
# 2 MOOSE JAW-ASSINIBOIA-GRAVELBOURG	TOTAL	978		77	284	378	190	43	5	1
	MARRIED	796		15	223	342	174	37	4	1
	OTHER	182		62	61	36	16	6	1	
# 3 WEYBURN-ESTEVAN	TOTAL	674	1	48	177	298	126	21	3	
	MARRIED	564		8	137	276	120	20	3	
	OTHER	110	1	40	40	22	6	1		
# 5 REGINA RURAL	TOTAL	926	1	93	262	350	180	[illegible]	4	
	MARRIED	700		18	164	312	167	[illegible]	3	
	OTHER	226	1	75	98	38	13		1	
# 7 ROSETOWN-BIGGAR-KINDERSLEY	TOTAL	606	1	30	135	262	139	31	8	
	MARRIED	529		6	107	245	133	30	8	
	OTHER	77	1	24	28	17	6	1		
# 8 SASKATOON RURAL	TOTAL	678		35	168	259	173	39	4	
	MARRIED	612		15	142	247	167	37	4	
	OTHER	66		20	26	12	6	2		
#10 YORKTON-MELVILLE	TOTAL	913	2	72	245	354	178	54	7	1
	MARRIED	744		16	179	325	166	50	7	1
	OTHER	169	2	56	66	29	12	4		
#11 MELFORT-TISDALE	TOTAL	925		80	293	364	146	37	5	
	MARRIED	723		18	199	330	136	35	5	
	OTHER	202		62	94	34	10	2		
#12 PRINCE ALBERT	TOTAL	1363	4	190	410	467	231	56	4	1
	MARRIED	845		27	218	360	190	46	3	1
	OTHER	518	4	163	192	107	41	10	1	
#13 NORTH BATTLEFORD	TOTAL	1482	3	181	452	526	258	56	6	
	MARRIED	956		21	247	419	220	43	6	
	OTHER	526	3	160	205	107	38	13		
CITY OF REGINA	TOTAL	3089	4	295	724	1215	667	161	23	
	MARRIED	2211		24	380	1042	607	140	18	
	OTHER	878	4	271	344	173	60	21	5	
CITY OF SASKATOON	TOTAL	3300	6	287	737	1265	796	196	12	1
	MARRIED	2464	1	45	426	1094	717	171	9	1
	OTHER	836	5	242	311	171	79	25	3	
NORTHERN SASKATCHEWAN	TOTAL	780	4	212	247	196	95	19	6	1
	MARRIED	247		12	67	87	63	12	5	1
	OTHER	533	4	200	180	109	32	7	1	

NUMBER OF DEATHS BY CAUSE, AGE GROUP AND SEX
OCCURRING IN SASKATCHEWAN IN 1989
FOR HEALTH REGION #11 MELFORT-TISDALE

	TOTAL	ALL AGES		< 15		15-24		25-44		45-64		65-74		75+	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F
ALL CAUSES OF DEATH	648	386	262	6	3	3	4	14	8	64	27	90	44	209	176
02 TUBERCULOSIS	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0
03 OTHER BACTERIAL DISEASES	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0
08 M N OF LIP,ORAL CAVITY,PHARYNX	3	2	1	0	0	0	0	0	0	0	0	1	0	1	0
09 M N OF DIGESTIVE ORGANS,PERITONEUM	40	21	19	0	0	0	0	0	0	5	4	6	6	10	9
10 M N OF RESPIRATORY & RELATED ORGANS	40	27	13	0	0	0	0	0	0	9	4	10	5	8	4
11 M N OF BONE,SKIN,BREAST	16	1	15	0	0	0	0	1	1	0	4	0	5	0	5
12 M.N. OF GENITOURINARY ORGANS	31	24	7	0	0	0	0	0	0	3	3	6	1	15	3
13 M N OF OTHER & UNSPECIFIED SITES	13	6	7	0	0	0	1	0	1	2	1	3	2	1	2
14 M N OF LYMPH & HAEMOPOIETIC TISSUE	17	10	7	0	0	0	0	0	1	3	1	4	1	3	4
17 OTHER & UNSPECIFIED NEOPLASM	4	1	3	0	0	0	0	0	0	1	0	0	2	0	1
18 ENDOCRINE & METABOLIC DISEASES	23	10	13	0	0	0	0	0	0	2	0	1	4	7	9
19 NUTRITIONAL DEFICIENCIES	3	0	3	0	0	0	0	0	0	0	0	0	1	0	2
20 DIS OF BLOOD/FORMING ORGANS	4	4	0	0	0	0	0	0	0	0	0	0	0	4	0
21 MENTAL DISORDERS	10	5	5	0	0	0	0	0	0	2	0	0	0	3	5
22 DISEASES OF THE NERVOUS SYSTEM	21	14	7	0	0	0	0	0	1	2	2	2	1	10	3
25 RHEUMATIC FEVER/HEART DISEASE	2	0	2	0	0	0	0	0	0	0	0	0	0	0	2
26 HYPERTENSIVE DISEASE	2	1	1	0	0	0	0	0	0	0	0	0	0	1	1
27 ISCHAEMIC HEART DISEASE	169	117	52	0	0	0	0	0	0	15	2	32	8	70	42
28 PULMONARY & OTHER HEART DISEASE	48	27	21	0	0	0	0	0	0	3	1	5	3	19	17
29 CEREBROVASCULAR DISEASE	63	25	38	0	0	0	0	0	1	4	1	6	2	15	34
30 OTHER DISEASES OF CIRCULATORY SYSTEM	13	11	2	0	0	0	0	0	0	1	0	3	0	7	2
31 DISEASES OF UPPER RESPIRATORY TRACT	1	0	1	0	0	0	0	0	0	0	1	0	0	0	0
32 OTHER DISEASES OF RESPIRATORY SYSTEM	48	32	16	1	0	0	1	1	0	1	1	3	2	26	12
34 OTHER PARTS OF DIGESTIVE SYSTEM	17	7	10	0	0	0	0	0	1	1	0	4	1	2	8
35 DISEASES OF URINARY SYSTEM	5	3	2	0	0	0	0	0	0	1	0	2	0	1	2
43 MUSCULOSKELETAL & CONNECTIVE TISSUE	1	0	1	0	0	0	0	0	0	0	0	0	0	1	0
44 CONGENITAL ANOMALIES	4	1	3	0	3	0	0	0	0	0	0	0	0	0	0
45 CONDITIONS IN PERINATAL PERIOD	5	5	0	5	0	0	0	0	0	0	0	0	0	1	0
46 SYMPTOMS & ILL-DEFINED CONDITIONS	1	0	1	0	0	0	0	0	0	0	0	0	0	0	1
E47 TRANSPORT ACCIDENTS	15	13	2	0	0	2	1	5	1	4	0	1	0	0	0
E48 ACCIDENTAL POISONING	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0
E50 ACCIDENTAL FALLS	7	2	5	0	0	0	0	0	0	1	0	0	0	1	0
E51 ACCIDENTS CAUSED BY FIRES & FLAMES	3	3	0	0	0	0	0	1	0	1	0	0	0	1	0
E52 OTHER ACCIDENTS,LATE EFFECTS	6	5	1	0	0	0	0	2	0	2	0	1	0	0	0
E54 SUICIDE AND SELF-INFLICTED INJURY	8	6	2	0	0	1	0	1	1	2	0	0	0	2	0
E55 HOMICIDE & INTENTIONAL INJURY	1	0	1	0	0	0	0	0	0	0	1	0	0	0	0
E56 OTHER VIOLENCE	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0

TOTAL NUMBER OF VITAL EVENTS OCCURRING IN SASKATCHEWAN IN 1989
BY HEALTH REGION

HEALTH REGION	BIRTHS	DEATHS	INFANT DEATHS	NEONATAL DEATHS	PERINATAL DEATHS	STILL BIRTHS	INFANT DEATH RATE	PERINATAL DEATH RATE
TOTAL FOR PROVINCE	16572	7861	129	79	114	52	7.78	6.86
# 1 SWIFT CURRENT	503	357	5	4	6	3	9.94	11.86
# 2 MOOSE JAW-ASSINIBOIA-GRAVELBOURG	978	623	9	6	7	2	9.20	7.14
# 3 WEYBURN-ESTEVAN	674	467	6	3	3	1	8.90	4.44
# 5 REGINA RURAL	926	605	3	2	2	2	3.24	2.16
# 7 ROSETOWN-BIGGAR-KINDERSLEY	606	300	6	3	6	3	9.90	9.85
# 8 SASKATOON RURAL	678	303	5	4	6	2	7.37	8.82
#10 YORKTON-MELVILLE	913	831	3	2	3	1	3.29	3.28
#11 MELFORT-TISDALE	925	648	8	5	12	7	8.65	12.88
#12 PRINCE ALBERT	1363	660	14	8	7	3	10.27	5.12
#13 NORTH BATTLEFORD	1482	605	9	4	8	6	6.07	5.38
CITY OF REGINA	3089	1039	27	18	21	6	8.74	6.79
CITY OF SASKATOON	3300	1167	17	10	21	12	5.15	6.34
NORTHERN SASKATCHEWAN	780	118	14	8	10	3	17.95	12.77
OUT OF PROVINCE	355	138	3	2	2	1	8.45	5.62

NUMBER OF DEATHS BY CAUSE, AGE GROUP AND SEX
OCCURRING IN SASKATCHEWAN IN 1989

	TOTAL	ALL AGES		< 15		15-24		25-44		45-64		65-74		75+	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F
ALL CAUSES OF DEATH	7,861	4,512	3,349	107	84	83	39	236	108	709	372	1,055	618	2,322	1,128
01 INTESTINAL INFECTIOUS DISEASES	3	1	2	0	0	0	0	0	0	0	0	1	0	0	2
02 TUBERCULOSIS	5	4	1	0	0	0	0	1	0	2	0	1	1	0	0
03 OTHER BACTERIAL DISEASES	30	19	11	1	0	0	1	2	0	2	1	5	1	9	8
04 VIRAL DISEASES	14	9	5	0	1	0	0	6	0	2	0	0	2	1	2
07 OTHER INFECTIOUS,PARASITIC DISEASES	1	0	1	0	0	0	0	0	0	0	0	0	1	0	0
08 M N OF LIP,ORAL CAVITY,PHARYNX	36	28	8	0	0	0	0	1	1	12	2	7	2	8	3
09 M N OF DIGESTIVE ORGANS,PERITONEUM	521	297	224	0	0	0	0	9	2	64	38	86	68	138	116
10 M N OF RESPIRATORY & RELATED ORGANS	462	319	143	0	0	0	0	3	5	95	49	105	50	116	39
11 M N OF BONE,SKIN,BREAST	194	20	174	0	0	0	0	3	13	4	49	7	57	6	55
12 M.N. OF GENITOURINARY ORGANS	322	227	95	0	0	0	0	2	2	28	27	69	24	128	42
13 M N OF OTHER & UNSPECIFIED SITES	124	62	62	2	0	0	1	4	4	18	18	17	15	21	24
14 M N OF LYMPH & HAEMOPOIETIC TISSUE	181	107	74	1	1	3	1	9	3	24	9	27	25	43	35
15 BENIGN NEOPLASM	4	1	3	0	0	0	0	0	0	0	1	1	1	0	1
17 OTHER & UNSPECIFIED NEOPLASM	36	16	20	0	0	0	0	0	1	3	1	5	7	8	11
18 ENDOCRINE & METABOLIC DISEASES	171	75	96	1	0	0	1	3	4	12	10	14	19	45	62
19 NUTRITIONAL DEFICIENCIES	14	7	7	0	0	0	0	0	0	0	0	0	1	7	6
20 DIS OF BLOOD/FORMING ORGANS	39	25	14	0	0	0	0	0	0	1	1	6	4	18	9
21 MENTAL DISORDERS	71	35	36	0	0	0	1	1	3	9	2	8	3	17	27
22 DISEASES OF THE NERVOUS SYSTEM	197	110	87	4	2	2	2	8	9	16	12	22	16	58	46
25 RHEUMATIC FEVER/HEART DISEASE	34	14	20	0	0	0	0	0	2	2	3	5	4	7	11
26 HYPERTENSIVE DISEASE	41	20	21	0	0	0	0	0	0	1	1	6	3	13	17
27 ISCHAEMIC HEART DISEASE	1,906	1,167	739	0	0	0	0	16	2	195	43	305	132	651	562
28 PULMONARY & OTHER HEART DISEASE	589	298	291	1	2	1	0	6	5	29	10	73	26	188	248
29 CEREBROVASCULAR DISEASE	649	303	346	0	0	0	0	4	3	25	19	60	44	214	280
30 OTHER DISEASES OF CIRCULATORY SYSTEM	246	142	104	0	0	0	0	4	0	15	6	38	19	85	79
31 DISEASES OF UPPER RESPIRATORY TRACT	6	4	2	0	0	0	0	0	0	0	1	0	0	4	1
32 OTHER DISEASES OF RESPIRATORY SYSTEM	744	460	284	5	1	0	1	1	5	30	22	94	41	330	214
34 OTHER PARTS OF DIGESTIVE SYSTEM	291	162	129	2	1	1	1	11	7	38	12	37	19	73	89
35 DISEASES OF URINARY SYSTEM	121	72	49	1	0	0	0	0	1	9	2	18	5	44	41
36 DISEASES OF MALE GENITAL ORGANS	4	4	0	0	0	0	0	0	0	1	0	2	0	1	0
37 DISEASES OF FEMALE GENITAL ORGANS	2	0	2	0	0	0	0	0	0	0	1	0	0	0	1
39 DIRECT OBSTETRIC CAUSES	1	0	1	0	0	0	1	0	0	0	0	0	0	0	0
42 DISEASES OF SKIN	3	3	0	0	0	0	0	0	0	0	0	0	0	3	0
43 MUSCULOSKELETAL & CONNECTIVE TISSUE	39	12	27	0	1	0	1	1	1	3	3	0	9	8	12
44 CONGENITAL ANOMALIES	45	20	25	15	18	0	1	1	0	2	3	1	2	1	1
45 CONDITIONS IN PERINATAL PERIOD	64	39	25	39	25	0	0	0	0	0	0	0	0	0	0
46 SYMPTOMS & ILL-DEFINED CONDITIONS	60	24	36	12	11	0	0	1	0	1	1	1	0	9	24
E47 TRANSPORT ACCIDENTS	210	148	62	10	9	36	15	55	12	21	11	10	13	16	2
E48 ACCIDENTAL POISONING	23	14	9	0	0	2	2	6	4	2	2	3	0	1	1
E49 MISADVENTURES DURING MEDICAL CARE	7	2	5	0	0	0	1	0	0	0	0	0	0	2	4
E50 ACCIDENTAL FALLS	93	48	45	2	1	1	0	5	0	8	1	3	1	29	42
E51 ACCIDENTS CAUSED BY FIRES & FLAMES	13	12	1	1	0	1	0	6	1	2	0	0	0	2	0
E52 OTHER ACCIDENTS,LATE EFFECTS	85	60	25	8	6	8	2	15	3	15	3	7	3	7	8
E53 EFFECTS OF DRUGS AND MEDICAITON	3	1	2	0	0	0	0	0	0	0	0	1	0	0	2
E54 SUICIDE AND SELF-INFLICTED INJURY	122	101	21	1	0	20	5	47	12	17	3	7	0	9	1
E55 HOMICIDE & INTENTIONAL INJURY	21	11	10	1	5	5	2	4	1	0	2	1	0	0	0
E56 OTHER VIOLENCE	14	9	5	0	0	3	0	1	2	1	3	2	0	2	0

NUMBER OF DEATHS BY CAUSE
OCCURRING IN SASKATCHEWAN IN 1989

CAUSE OF DEATH	DEATHS	PERCENT OF DEATHS	CRUDE RATE
ALL CAUSES OF DEATH	7861	100.0	780.6
01 INTESTINAL INFECTIOUS DISEASES	3	0.0	0.3
02 TUBERCULOSIS	5	0.1	0.5
03 OTHER BACTERIAL DISEASES	30	0.4	3.0
04 VIRAL DISEASES	14	0.2	1.4
07 OTHER INFECTIOUS,PARASITIC DISEASES	1	0.0	0.1
08 M N OF LIP,ORAL CAVITY,PHARYNX	36	0.5	3.6
09 M N OF DIGESTIVE ORGANS,PERITONEUM	521	6.6	51.7
10 M N OF RESPIRATORY & RELATED ORGANS	462	5.9	45.9
11 M N OF BONE,SKIN,BREAST	194	2.5	19.3
12 M.N. OF GENITOURINARY ORGANS	322	4.1	32.0
13 M N OF OTHER & UNSPECIFIED SITES	124	1.6	12.3
14 M N OF LYMPH & HAEMOPOIETIC TISSUE	181	2.3	18.0
15 BENIGN NEOPLASM	4	0.1	0.4
17 OTHER & UNSPECIFIED NEOPLASM	36	0.5	3.6
18 ENDOCRINE & METABOLIC DISEASES	171	2.2	17.0
19 NUTRITIONAL DEFICIENCIES	14	0.2	1.4
20 DIS OF BLOOD/FORMING ORGANS	39	0.5	3.9
21 MENTAL DISORDERS	71	0.9	7.1
22 DISEASES OF THE NERVOUS SYSTEM	197	2.5	19.6
25 RHEUMATIC FEVER/HEART DISEASE	34	0.4	3.4
26 HYPERTENSIVE DISEASE	41	0.5	4.1
27 ISCHAEMIC HEART DISEASE	1906	24.2	189.3
28 PULMONARY & OTHER HEART DISEASE	589	7.5	58.5
29 CEREBROVASCULAR DISEASE	649	8.3	64.4
30 OTHER DISEASES OF CIRCULATORY SYSTEM	246	3.1	24.4
31 DISEASES OF UPPER RESPIRATORY TRACT	6	0.1	0.6
32 OTHER DISEASES OF RESPIRATORY SYSTEM	744	9.5	73.9
34 OTHER PARTS OF DIGESTIVE SYSTEM	291	3.7	28.9
35 DISEASES OF URINARY SYSTEM	121	1.5	12.0
36 DISEASES OF MALE GENITAL ORGANS	4	0.1	0.4
37 DISEASES OF FEMALE GENITAL ORGANS	2	0.0	0.2
39 DIRECT OBSTETRIC CAUSES	1	0.0	0.1
42 DISEASES OF SKIN	3	0.0	0.3
43 MUSCULOSKELETAL & CONNECTIVE TISSUE	39	0.5	3.9
44 CONGENITAL ANOMALIES	45	0.6	4.5
45 CONDITIONS IN PERINATAL PERIOD	64	0.8	6.4
46 SYMPTOMS & ILL-DEFINED CONDITIONS	60	0.8	6.0
E47 TRANSPORT ACCIDENTS	210	2.7	20.9
E48 ACCIDENTAL POISONING	23	0.3	2.3
E49 MISADVENTURES DURING MEDICAL CARE	7	0.1	0.7
E50 ACCIDENTAL FALLS	93	1.2	9.2
E51 ACCIDENTS CAUSED BY FIRES & FLAMES	13	0.2	1.3
E52 OTHER ACCIDENTS,LATE EFFECTS	85	1.1	8.4
E53 EFFECTS OF DRUGS AND MEDICAITON	3	0.0	0.3
E54 SUICIDE AND SELF-INFLICTED INJURY	122	1.6	12.1
E55 HOMICIDE & INTENTIONAL INJURY	21	0.3	2.1
E56 OTHER VIOLENCE	14	0.2	1.4

PUBLIC HEALTH NURSING REPORT
- Grace Rindahl

In 1989 there were several Public Health Nursing staff changes. M. Mann resigned from the Melfort office in early 1989. Darla Frey was the replacement Public Health Nurse for this position in April 1989 in Melfort. Yvonne Silzer (January) and Julie Cleaveley (April) both returned from maternity leave.

In August 1989 Karen Siermachesky commenced maternity leave and Loretta Novecosky replaced her in the Humboldt office. Judy Tondell went on educational leave for 6 weeks in May - June 1989 and for 8 months from September 1989 - May 1990. Bonnie Meier is presently acting in this Assistant Nursing Supervisor position until Judy returns in May 1990. The PHN I left vacant by Bonnie in Nipawin was covered off by the existing part time nurses in that office. In June 1989 Sharon Selnes was in a serious car accident and has been on extended sick leave since that time. Brenda Fradette commenced employment in October 1989 to cover off this PHN I position in Melfort.

Grace Rindahl continued to cover both the Melfort-Tisdale Health Region and the Prince Albert Health Region as the Regional Nursing Supervisor for 1989. In October 1989 Grace Rindahl also became the Officer in Charge for both these regions as the Director of Regional Support Services and Regional Director position became vacant at the end of 1989. It is anticipated that this situation will be reversed early in 1990 as the senior management positions of these two health regions are filled.

In April 1989 the Public Health Nursing Support Program for Pregnant Adolescents was introduced into the Health Region. The Public Health Nurses have always provided prenatal services to adolescents but in April a manual was developed with very specific measurable goals and strategies. The literature documents specific risks associated with adolescent pregnancy especially for females under 18 years of age. Risks identified pertain to the health and well being of the mother as well as the fetus and later the infant. Our target population is adolescents under 18 years of age.

The goals for this program are as follows:

- To identify pregnant adolescents as early as possible. The program was promoted among physicians, Social Workers, education personnel in an effort to solicit referrals to the program.
- To provide health education and counselling to pregnant adolescents and their significant others in order to promote the healthiest pregnancy outcome possible.
- To provide support

(education and counselling) postnatally to the adolescent and significant others.

The objectives of the program are:

- To admit 50% of pregnant adolescents to the program by 1990.
- To respond to 100% referrals to the program within 2 weeks of receipt of referral.
- To meet with the adolescent and significant others a minimum of once per month.
- To provide a postnatal home visit within 2 weeks of delivery, and a subsequent home visit within 1 month of delivery. The Public Health Nurses received and followed up 26 referrals for pregnant adolescents in the Melfort-Tisdale Health Region from April to December 1989.

From April-December 1989 the Public Health Nurses conducted an evaluation on the Communication Questionnaire that they administer to all three year olds who attended Child Health Conference. The nurses had a target population of 743 children in the health region. They screened a total of 439, of that number. 71 failed the questionnaire. The Public Health Nurses, in fact, screened 60.3% of the target population.

January 1, 1989 a Vision Screening Program was introduced. The Public Health Nurses screened all 4 year olds at Child Health Conference for visual acuity and defects of binocularity due to amblyopia/strabismus. Strabismus is the failure of two eyes to simultaneously direct their gaze at the same object. Amblyopia is the inability to achieve at least 20/40 in one eye, despite correction with glasses for a refractive problem and in the absence of any definitive pathology in the eye or central nervous system. The 6 year olds and the 9 year olds are screened for visual acuity in school. This program is being evaluated in 1990.

A Registered Nurse, Janet Blair was hired August-December 1989 to conduct the Saskatchewan Heart Survey in Humboldt City and adjacent rural district. Several other nurses were also hired in the province. The reasons for undertaking this survey were:

- To obtain valid baseline information at the provincial level to document the nature and extent of Cardiovascular disease risk factors in Saskatchewan.
- To support development of Health promotion and the prevention of Cardiovascular disease in Saskatchewan.
- To demonstrate to other jurisdictions in Canada and abroad how the Public Health system through regional co-operation and with support of local resources can effectively carry out the epidemiological assessment and eventually the planning implementation and evaluation of Cardiovascular disease prevention programs.

Approximately 80 people were involved in the survey in the

Humboldt area. The survey consisted of a home visit to conduct a questionnaire and then a clinic visit at which time a blood sample was drawn and another questionnaire was completed.

Five Public Health Nurses attended the Continuing Education Conference for Public Health Nurses in Practice in Saskatoon in May 1989. This started a new three year term, the theme is "Promoting the Health of Children and Adolescents in the Family Content".

Six College of Nursing students spent four weeks in the Melfort-Tisdale health region in June 1989. These students were paired with the Public Health Nurse who provided supervised experiences to the students as appropriate.

The Public Health Nurses in the Nipawin Office were kept very busy in the fall of 1989 doing contract tracing and Mantoux testing on Tuberculosis Cases. Tuberculosis Control from Saskatoon have had two special clinics in the Nipawin District Office to follow up clients in this area. A total of 14 clients are receiving treatment for tuberculosis in this area.

All the Public Health Nurses had two seminars in 1989 on Serving People First (January) and Peak Performance (November). The purpose of these seminars were to enhance the skills of the staff in order to serve the public more efficiently, to communicate ideas as well as emphasizing personal development.

I want to extend thanks to all the Public Health Nurses for the high quality of service they provided in 1989. Also thanks to all the disciplines within the health region who have worked closely with the nurses throughout the year. Also, thanks goes to the clerical staff who have provided the support necessary for the nurses to deliver their programs.

SELECTED STATISTICS 1989

Total Number of Nursing Days	3140
Total Number of Home Visits Made	2588
Total Number of Postnatal Home Visits	698
Total Number of Prenatal Home Visits	242
Total Number of Infants and Preschoolers Seen at Child Health Clinics	N/A
Total Number of Births	938
Total Number of Tetanus/Diphtheria (14 year old) boosters-given in school	868
Total number of Oral Polio Vaccine - given in school	1008

Prenatal Class (6 in a Series)	1	2	3	4	5	6
Total Number Taught	24	25	26	24	29	24
Total No. of Mothers Attending	159	151	191	176	137	125
Total No. of 1st Time Mothers Attending	145	140	162	146	107	94
Total No. of Fathers Attending	135	127	156	141	110	97

The following Number of Communicable Diseases were investigated by Public Health Nurses 107

Giardia	34	Tuberculosis	18
Camphylobacter	11	E. Coli	2
Salmonella	36	Yersinia	1
Hepatitis A	1	Haemophilus Menigitis	2
Shigella	2		

PUBLIC HEALTH INSPECTION REPORT
- Charles Shaw

In review of the past year the inspectional staff can be proud of a job well done. Even though the region was not at full staff for the most of the year, the staff were able to complete the majority of the required annual inspections.

Two district offices still remain in the region. The Nipawin office is manned by Bryce Graham PHI II and the Humboldt office still remains vacant. An inspector was hired in November to fill the Humboldt position but he tendered his resignation in December to accept a position with Community Health Services - City of Saskatoon.

With the vacant position in Humboldt this adds an additional load to an already heavy work schedule for the staff inspectors.

The northern extension of health region boundaries last year has proven to be an unforseen burden as far as workload demand for inspectional services of the shoreline/recreational facilities. With the advent of modernization of the cabins and the enforcement of the shoreline pollution regulations the added requirement for plumbing inspections, sewage system inspections, surveys, etc. has been very demanding.

This year we were able to offer a twelve week field training program to second year students from B.C.I.T. - Ken Cross. Mr. Cross was successful in obtaining his Certificate in Public Health Inspection in the fall of 1989 - Another job well done by his trainers.

During the past year the regional Inspectional staff offered competent and able assistance to Health Region #12 in carrying out routine facility inspections, surveys, etc. This assistance was requested from our "twinned" region due to the heavy workload experienced due to a shortage of staff in Prince Albert Health Region #12.

The most successful program undertaken by this region was the National Sanitation Training Program for food handlers. With the new eating establishment regulations passed in December 1988 their is a requirement to train people employed in the food industry. Due to the concerted effort of the staff this requirement is nearly completed.

This past year has been relatively free from reported and confirmed water and foodborne illnesses. This can be contributed to the education seminars conducted by a very competent staff.

I wish to thank the staff for their full cooperation and assistance in the past year.

ACTIVITY REPORT - REGIONAL

FACILITY RELATED SERVICES	Time Spent in Hours VISITS	CONSULTATIONS	INSPECTIONS	TOTALS
Eating Establishments	190	184	225	599
Food Distribution	21	26	6	53
Food Processing	15	28	11	54
Liquor Outlets	19	13	23	55
Communal Water Systems	13	14	0	27
Private Water Supply	15	72	0	87
Public Water Supply	12	21	1	34
Communal Sewerage Systems	2	8	0	10
Private Sewerage Systems	87	144	0	231
Public Sewerage Systems	9	14	0	23
Solid Waste Disposal	8	9	0	17
Liquid Waste Transport	75	67	0	142
Hospitals	9	15	0	24
Schools	9	13	1	23
Institutions	16	21	14	51
Housing	79	77	0	156
Mobile Home Parks	5	4	10	19
Trailer Courts	0	2	0	2
Hotels	10	10	18	38
Motels	3	4	13	20
Industrial Facilities	2	1	0	3
Swimming Pools	61	102	30	193
Agricultural Facilities	10	10	0	20
Personal Service Facilities	7	13	7	27
Recreational Facilities	82	94	59	235
Public Facilities	8	7	0	15
Plumbing	232	218	0	450
Investigations	55	55	0	110
Total Facilities Related Services	1,054	1,246	418	2,178

GENERAL SERVICES

	Total year time spent (hours)
Travel	1,187
Meetings	248
Surveys	72
Monitoring	12
Training Courses	311
Other	44
Total General Services	1,874

OFFICE SERVICES

Projects	69
Staff Meetings	86
Staff Developments	245
General Administration	903
Total Office Services	1,303

GRAND TOTAL	5,895

* Please note these figures are only calculated until the end of November.

SPEECH LANGUAGE PATHOLOGISTS'S REPORT
- Cindy Neigel

The Speech Language Pathology program is designed to provide early identification and intervention in communication disorders. In doing so, our intention is to prevent later difficulties in communication. The service is focused on the preschool population but is also available to the adult population.

The past year has seen full coverage of the region with Cindy Neigel serving Melfort, Tisdale, Wadena and Hudson Bay. Coverage for Humboldt and area was provided by Karen Wasylenko from Saskatoon Rural Health Region and for Nipawin and area by Jay Rindahl from Prince Albert Health Region. The assistance received from outside the health region has made service manageable for the single speech pathologist in this region.

The majority of the speech pathologist's time was spent on casework. This includes assessments, individual therapy, group therapy, consultative services, and presentations to parents, support staff and various other individuals in training programs. The co-operation of other agencies in the region allowed the speech pathologist to develop and monitor programs for children who require more intensive programs or who are better served in other settings beside the therapy room.

The number of adult referrals are slowly increasing. This variation in caseload keeps the job new and interesting. I am happy to see the number of doctor referrals and inquires gradually increasing. The reciprocal use of such services helps us to better serve the public.

Some exciting changes have occurred in the past year. We introduced the new Communication Questionnaire that was developed for use in the Childcare Health Clinics conducted by Public Health Nurses. This allows the Public Health Nurses to screen a large percentage of the three year olds in the region for communication problems. As of December, we were completing the data collection that would allow us to evaluate the Communication Questionnaire and a report with recommendations will be completed in 1990.

With the split of Community Health Services in to two branches we received a new executive director. Jane Knox filled this position for the Prevention Branch. The input she has given and sought in her short time with us has developed a positive outlook for change in Community Health Prevention Services Branch. I look forward to working with Jane Knox in the upcoming year.

SPEECH LANGUAGE PATHOLOGY STATISTICS

Source of referrals

Public Health Nurse	107
Early Childhood Psychologist	6
Doctor	11
Parent	7
Other	42
	173

Number of assessments completed: 131

Number of reviews completed: 70

Percentage of Caseload by Age Group

	Dec. 1987	Dec. 1988	Dec. 1989
Preschool	9.3%	94.0%	90.0%
School Age	2.3%	0.0%	0.0%
Adults	4.7%	6.0%	10.0%

Speech Pathology Activities By Category For 1989

Casework	65.6%
Administration	13.4%
Travel	10.4%
Professional Development	7.8%
Public Education	2.8%
	100.0%

EARLY CHILDHOOD PSYCHOLOGIST'S REPORT
- Ruth Wong

The past year has been a busy year. The Early Childhood Psychologist (E.C.P.) provided services for both the Melfort-Tisdale Health Region and the Prince Albert Health Region, and managed to maintain approximately same level of service which existed previously for these regions. Providing services for both health regions will be probably be continued for the foreseeable future.

The Early Childhood Psychology Program has continued to provide psychological, consultative and preventive service to preschool children and their families in the health regions. Details of the E.C.P.'s activities are presented in Table I.

A total of 304 children and/or their families were seen for direct services during 1989. 126 new referrals were received with a monthly average equalling 10.5 new children. The E.C.P. attended monthly meetings of the North-East Childhood Intervention Program Admission and Review Committee and regularly reviewed the children involved in this program with the home teachers. A considerable amount of time was also devoted to consultation and programming services for Special Needs children in the day care centre.

In September 1989, the E.C.P. for the Yorkton Health Region began to provide services for the Wadena Health District office area and also the E.C.P. of the Saskatoon Rural Health Region began to provide services for the Humboldt District Health office area. This helped to decrease the caseload of the E.C.P. of the Melfort-Tisdale and Prince Albert Health Region.

I would like to thank all the Health Regions staff for their co-operation and support during this year.

Table I: Details of Early Childhood Psychologist Activities in 1989

	Average of Percent of Total Time	
	Prince Albert	Melfort-Tisdale
Casework/Case Management	58.2	40.8
General Consultation	11.2	9.9
Early Childhood Intervention Program	7.8	6.7
Public Education	1.9	2.0
Research	0	0
Professional Updating	2.5	1.9
Travel	8.4	28.1
Administration	10.0	10.6
	100.0	100.0

Table II: Early Childhood Psychology Statistics

	Prince Albert	Melfort-Tisdale
Average Monthly Caseload	82	64
Number of New Referrals	74	52
Number of Discharge	59	69
Average Number of Children Seen for Direct Service Per month	15	10.4
Total Number of Children Seen for Direct Service	179	125
Source of New Referrals		
Public Health Nurse	17	36
Speech-Language Pathologist	9	0
E.C.I.P.	16	2
Parents	16	3
Others	16	11
	74	52
Reason for Referrals		
Developmental Screening Test	7	11
Other Developmental Problems	43	24
Behaviour Problems	21	16
Multiple Problems	3	1

CHIROPODIST'S REPORT
- Dr. Vincent Jones

As of the beginning of October 1989, Chiropody is part of the Community Health - Treatment Services Branch, along with Sask. Hearing Aid Plan, Community Therapists and Sask. Aids to Independent Living.

The Executive Director is Mr. Joe Dvernichuk, Regina.

Chiropody services in Health Region #11 are provided by one Chiropodist and one Assistant, with the main clinic in Melfort.

Satellite Clinics are held in Tisdale, Nipawin and Humboldt, two days each per month with an occasional extra day.

Services are provided to all age groups, the youngest this year was 3 weeks and the oldest was 102 years old.

Referrals are required from Physicians, Public Health Nurses, Home Care or Victorian Order of Nurses.

All types of foot conditions are dealt with as foot problems can cause problems with legs, back, neck, etc.

All clinics are busy, particularly the Satellite clinics because of the limited time spent there.

Total New Patients seen for the period January 1st, 1989 to October 1st, 1989 was 525 and return patients at 2366.

As well as providing services in the clinics, 15 workshops were given on Footcare to various groups in the region including Diabetic Assoc., Home Care, Nursing Homes, and Seniors Groups.

Personal Footcare advice is given, but more importantly, the majority of people attending (303 in total) are professionals looking after seniors. So as well as the clinics we provide, our workshops are also helping to spread good Footcare in the region.

This is particularly important as far as Diabetics are concerned as this is a common complaint amongst the upper middle-aged and elderly population.

About one-half of all Diabetics will experience at least one major foot problem during their lifetime, often resulting in prolonged hospitalization or amputation.

In the United States, studies have been conducted that show that the introduction of a footcare Program drastically cuts down on the incidence of amputation.

Occasionally, we have people observing in the Clinics, eg. Nurses and Resident Physicians from Melfort Union Hospital.

Regular Inservices are attended by the Chiropodist and Assistant to keep up to date. This year the Chiropodist

attended a 3-day Workshop for Primary Care Physicians on Pediatric Orthopedics.

Subjects covered included foot related sports injuries, baby hip problems and knee-back-neck problems - treatments and taping techniques.

There are still many people that do not know of the existence of the Chiropody Program within their own area.

Due to the division of the Community Health Services Branch this is only an eight month report.

Thank you.

TREATMENTS

January 1st , 1989 to October 1st, 1989

MELFORT	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Total
New Referrals	50	12	72	132	266
Return Visits	336	48	304	404	1092
Total Visits	386	60	376	536	1358
Discharges	43	11	65	96	215
HUMBOLDT					
New Referrals	12	8	25	33	78
Return Visits	89	15	94	44	242
Total Visits	101	23	119	77	320
Discharges	2	0	1	0	3
TISDALE					
New Referrals	23	4	27	29	83
Return Visits	123	8	101	30	262
Total Visits	146	12	128	59	345
Discharges	12	5	15	29	61
NIPAWIN					
New Referrals	25	5	25	43	98
Return Visits	73	19	115	38	245
Total Visits	98	24	140	81	343
Discharges	2	0	0	0	2
Total New Pts Per Category	110	29	149	237	525
Total Treatments Per Category	731	119	763	753	2366
Total Discharges Per Category	59	16	81	125	281

CASELOADS - ACITVE for January 1st to October 1st 1989

	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Total
MELFORT	252	38	275	400	965
HUMBOLDT	62	22	117	146	347
TISDALE	97	5	81	97	280
NIPAWIN	76	15	118	146	355
TOTAL	487	80	591	789	1947

Total Patients Seen Since Program Began In 1984:

MELFORT	- 1999
HUMBOLDT	- 622
TISDALE	- 554
NIPAWIN	- 598
	3773

Total Treatments Given H. R. #11 Since Program Began In 1984: 15,770

Total Active Patients In Province ---- 16,739

Total Treatments In Province ----208,616

Total Presentations ---- 1,913

COMMUNITY THERAPIST'S REPORT

- Elaine Wirtz

The Community Therapy Base is Wadena and this covers a service area of: Watson, Wadena, Kelvington, Rose Valley, Wynyard, Invermey, and Foam Lake. Total number of discreet client visits were 685.

There was 11 presentations given as staff inservices in hospitals and nursing homes plus attendance at one Health Fair and teaching to a local special care aide program. (A Kelsey sponsored full dime week training program held in Wadena last year) Many of the presentations deal with body mechanics, lifts and transfer techniques, positioning and range of motion techniques.

Physiotherapy Treatment is undertaken only on the referral of a qualified physician practising in Saskatchewan.

PUBLIC HEALTH
NUTRITIONIST'S REPORT
- Heather McAvoy

The past year has been a busy and productive year. In order to provide service most effectively to the population in the two Health Regions I serve, I must work through others: professionals, lay persons, individuals and groups, in order to fan out information and resources to the largest number of individuals possible.

Nutrition services are constantly being fanned out by Public Health Nurses to individual clients and groups they come in contact with. I act as a resource person to them by providing them with ideas; supplies and resource materials for dealings with individuals, group talks or displays. I do regular presentations to Nursing Staff Conferences, and develop resources and client handout sheets to assist PHN's in passing out nutrition information. I have been doing an orientation prenatal nutrition class for most new PHN's, and I continue to do individual counselling of referrals from PHN's; some in person, many by phone and/or mail.

Another effective method of fanning out nutrition services is through educators. The promotion of the services we can provide to Directors, Administrators, and Teachers is paramount in being asked to provide these services. During the last year I have been asked to present sessions at two Teacher's Conventions. I have given Nutrition Education Workshops to several elementary school staffs, and provided resources and information to many individual teachers, interns, and students. I have done several presentations to individual classrooms, however, I discouraged this because of time constraints, unless I am in the area.

The media continues to be a very effective method of fanning out our message. The Nutrition Newspaper Columns have been reduced by 50% during the last year, much to my disappointment. This was one of the most effective methods of being identified as the Nutrition Professional in the Community, particularly in the rural areas, and I feel that our program has regressed because of this reduction.

A major project undertaken this year has been the production of a Heart Healthy Cooking Series entitled "Light Hearted Living". It is a 13 - 1/2 hour show television series, produced through the Telecable 10 Station in Prince Albert. Funding for the series came from the Heart and Stroke foundation of Saskatchewan, who in turn obtained some assistance from an Everyone Wins Community Grant. The series is the property of the Heart and Stroke Foundation and will be used for public education. It will also be offered to all of the Telecable Stations throughout

the province.

During the last year I have been a member of the "Preschool Committee", a sub group of the Nutritionists in the Province. Our major undertaking this year has been the revision of the Preschool Tearsheets, handed out routinely during CHC by PHN's. We were also very pleased to receive and distribute "Promoting Nutritional Health During the Preschool Years" - Canadian Guidelines. This is an invaluable resource directed to health and childcare professionals who influence programs and policies related to the health and well-being of young children.

I have also been the recipient of a great deal of valuable information and resource material as a result of other committee work from within our nutritionists' group.

Nutrition Month comes every March, and gives me an opportunity to work closely with the other Nutrition professionals in the communities in my Region to provide reliable nutrition information to the public. In 1989 this was done by a number of "Healthy Weights" Stations, Mall Displays, a Library Display, and general media coverage of events. Our goals are to disseminate reliable nutrition information, and to establish the Dietitian-Nutritionists as the nutrition professionals in the community.

A total of 23 presentations were made to 384 people during the year. I also received and handled 120 enquiries for nutrition information and/or resources. I individually counselled 9 clients upon referral from PHN's.

I would like to express my appreciation for the assistance, co-operation and support I have received from my colleagues in the Health Region, and I am looking forward to a productive and exciting year in 1990.

This report is respectfully submitted.

DENTAL HEALTH EDUCATION REPORT

- **Shari Moneta**
- **Myrna Ruthven**
- **Celia Schreiner**

The Dental Health Education program has commenced its third year with Community Health Services Branch. Our goals are prevention of dental decay and related problems and positive dental attitudes.

The main objective of the Dental Health Educator is to deliver a planned program of education, promotion and consultation in the area of dental health to schools, Daycare Centres, Community groups and other health professionals.

The major thrust of our program is placed in the classroom! The 1988-89 school year saw us giving Dental Health presentations to 9277 Kindergarten to Grade 6 students in schools. The presentations covered a variety of topics including brushing; flossing; proper home care; dental awareness; dental protection; and dental disease.

We promote good dental health at the Pre-school level, daycares, pre-school, story-time, etc. by making available a self contained Preschool Kit. The theme of the Kit is adapted to the book "A Walk with Charlie Chew". The Kit has been in constant demand during the past year.

We also implement and maintain the school - based Fluoride Mouthrinse Programs. To date 125 schools in Saskatchewan are involved with a total of - 13,500 students rinsing. In Region #11 we have 16 for mouthrinse schools with a total of 1856 students rinsing. Schools rinsing include: Blake Beattie and Stewart Hawke/Hudson Bay; Weekes; Carrot River; Codette; Wagner/Nipawin; White Fox/ Arborfield/ Ridgedale; Zenon Park; Kinistino; Weldon; Yellow Creek; Pleasantdale; Gronlid and St. Front. Unfortunately in June, we lost two of our mouthrinse programs due to school closures. In December, a letter and a "Certificate of Appreciation" was sent to each classroom of every school participating in the program to thank them for their involvement and to congratulate them for their role in prevention.

During the past year, our program has broadened to take a more "community approach" to dental health. We promote good oral hygiene in the community through Health Fairs, Trade Fair's, mall displays etc.

A lot of our promotion is done during April which is Dental Health Month. This past April "A Walk with Charlie Chew" was introduced to promote good dental health. This dental story book was written by 3 Saskatchewan Dental Health Educators and is targeted to young children. Copies were sent to every school in Saskatchewan, daycares, dental offices and libraries as well as copies being available to

Regional and district offices.

During April we also set up dental health promotional displays at:

-Humboldt Mall-Apr. 6/89
-Nipawin Trade Fair-Apr. 7, 8, & 9/89
-Melfort Mall-Apr. 13/89
-Tisdale Mall-Apr. 20/89

Displays were also set up at the Melfort Regional Office and Humboldt, Tisdale and Nipawin District Offices. The purpose of the displays was to get dental information out to the general public and to promote our program. We received many positive comments from the public about our displays and feel they were time well spent.

In mid September, letters were again sent to all hockey and sports associations to promote prevention of dental injuries through the use of mouthguards.

In November, we started a new program in our Region - hospital visits to post natal mothers in Humboldt, Melfort and Nipawin hospitals. We all met with administrators and/or nursing directors in our respective hospitals and have received enthusiastic support for this initiative! Envelopes of dental health material were complied and delivered to hospitals and visits with new Moms are well underway. It was a real boost for us to get such a good response from the staff in the hospitals and we thank them for their cooperation and assistance. This program, we believe, will help us reach parents of infants and toddlers, a group we have not been able to access up to now. Often by the time we see the children (preschool & school age) damage to the teeth has already occurred. A parent must be responsible for the dental care their children receive at these early ages, it is important to educate these parents so they can establish good dental habits early. We are confident this program will help accomplish this goal.

1989 has been a challenging and rewarding year and we feel we are establishing a very comprehensive education program. We would like to thank the staff of Health Region #11 for their assistance and support and look forward to a productive 1990.

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FRADETTE, Brenda - Public Health Nurse I (S. Selnes on sick leave since June 29, 1989)
FRAZER, Colleen - Clerk Typist II
FREY, Darla - Public Health Nurse I
JONES, Dr. Vincent - Chiropodist (Transferred to Treatment Services Branch October 1, 1989)
KAIP, Wanda - Clerk Typist II
McAVOY, Heather - Nutritionist
MILLER, Irene - Clerk Steno II
MONETA, Shari - Dental Health Educator (job-sharing)
MYRHEIM, Celine - Clerk Steno IV
NEIGEL, Cindy - Speech Language Pathologist
RINDAHL, Grace - Regional Nursing Supervisor (Officer in Charge - October - December 1989)
SCHREINER, Celia - Dental Health Educator (job-sharing)
SHAW, Chuck - Senior Public Health Inspector
STREETON, Pat- Public Health Nurse I
TERRY, Doug - Public Health Inspector II
TONDELL, Judy - Public Health Nurse II (Educational Leave September - December 1989)
TYCKON, Bill - Public Health Inspector II
WATLER, Dr. Don - Medical Health Officer (Acting)
WINGE, Debbie - Chiropodist's Assistant (Transferred to Treatment Services Branch October 1, 1989)
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TRITES, Joan - Public Health Nurse I (job sharing)
DAUM, Carol - Clerk Typist II (vacant August - December 1989)

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WIRTZ, Elaine - Community Therapist (Transferred to Treatment Services Branch October 1, 1989)